

## Family Readiness

Family Readiness Services are in place to help educate and train the following:

- Unit Family Readiness Groups
- Command Groups
- Rear Detachment Groups
- Volunteers

The Indiana National Guard Family Programs Office has a full-time Family Readiness Assistant who helps ensure that all units have a current appointment for the Family Readiness Groups. The FRA can be reached at 1-800-237-2850 ext. 3192.

In addition, there are eight Family Readiness Support Assistants throughout the state available to support deploying and re-deploying units. These personnel are direct support to the unit commanders for managing, providing resources, and supporting the unit's Family Readiness Group. They are assigned as units reach the window for deployment.

**Visit these Web sites for more Family Programs information**

[www.jointservicessupport.org](http://www.jointservicessupport.org)  
[www.militaryonesource.com](http://www.militaryonesource.com)  
[www.in.ng.mil/familyprograms](http://www.in.ng.mil/familyprograms)  
[www.operationmilitarykids.org](http://www.operationmilitarykids.org)

### Indiana Family Program Office

2002 South Holt Road

Indianapolis, IN 46241

1-800-237-2850 Ext. 3192

**LTC Marcus Thomas**

**State Family Program Director**

[www.in.ng.mil/familyprograms](http://www.in.ng.mil/familyprograms)

<http://www.facebook.com/#!/IndianaFamilyPrograms>

### Family Assistance Coordinator

Belinda Ireland

[belinda.r.ireland@us.army.mil](mailto:belinda.r.ireland@us.army.mil)

Cell: 317-695-7623

### State Youth Coordinators

Suzanne Dagley

[suzanne.dagley@us.army.mil](mailto:suzanne.dagley@us.army.mil)

Ann Medford

[ann.e.medford.ctr@us.army.mil](mailto:ann.e.medford.ctr@us.army.mil)

1-800-237-2850 Ext. 85481

### Family Readiness

Kimberly Goodin

Senior Family Readiness Support Assistant

[kimberly.goodin@us.army.mil](mailto:kimberly.goodin@us.army.mil)

1-800-237-2850 ext. 85458

### Military & Family Life Consultants

Joyce Smith

[joyce.k.smith@healthnet.com](mailto:joyce.k.smith@healthnet.com)

Cell: 317-605-9575

Mary Hays

[mary.e.hays@healthnet.com](mailto:mary.e.hays@healthnet.com)

Cell: 317-771-5376

### Personal Financial Counseling

Mark S. Fisher

[mark.s.fisher@healthnet.com](mailto:mark.s.fisher@healthnet.com)

1-800-237-2850 ext. 85437



## Indiana National Guard Family Programs Office

*Support For The Service Member*

*Support For The Family*

*Support For The Commander*

*Support For The Community*

**“One Force, One Family”**

## Family Assistance Locations

The primary mission of a Family Assistance Location (FAL) is to inform and emotionally support families so service members can perform their mission.

### A One-Stop-Shop for Questions and Information

During times of deployment, the FAC is designed to be a focal point for families to get information and assistance with referral to the appropriate service agencies and meet the needs that are associated with the deployment.

**Indiana has 14 Family Assistance Locations throughout the state!**

### Support we offer:

- Help with Legal Matters
- Financial Assistance
- Information and Referral
- Local and National Emergencies
- Coordination with Rear Detachments
- Problem Solving
- Crisis Resolution

### We provide services to:

- Families
- Service Members
- Command
- Community

National Guard  
Family Assistance



## BRIEFINGS

The Family Assistance Team conducts Deployment and Reunion briefings to help prepare families for the emotional anxieties related to separation during deployment and reintegration upon return.

# What Family Programs can do for you!

## Counseling

A Military & Family Life Consultant is available at **NO COST** through the Indiana National Guard Family Program Office. As a licensed clinical provider, they can assist soldiers and family members in a variety of situations:

- Military Family Life
- Stress
- Parenting Skills
- Grief / Loss
- Deployment / Reintegration Stress
- Children / Family Development
- Marital / Relational Issues
- Resources for Ongoing Support

**Service is confidential and counselors will come to you! See the back for contact information.**  
**Real help, Anytime, Anywhere 24 Hours a Day,**  
**Available 7 Days a week**

## Military OneSource

The Family Programs Office has a Military OneSource Representative on-site who can help with the use of Military OneSource.

- Consultation, Research, Referrals
- Interpretation and Translation
- Counseling
- Educational Materials
- Interactive Web Site



Cynthia Gatto

**Military OneSource Representative**  
**1-800-237-2854 ext. 85455**  
**www.militaryonesource.com**

## Youth Services

The goal of youth services at the Family Program Office is to support and educate the youth of the Indiana National Guard. There are several events held each year for kids to participate in; and organizations for kids such as:

- Youth Camp - Kid's AT
- Youth Symposium
- Operation Military Kids
- State Youth Council
- Unit Level Family Readiness Groups



The State Youth Coordinators plan and prepare events to engage your children in the community and their future. Coordinators are available to answer any questions regarding the Indiana National Guard youth programs. See the back for contact information.

## National Guard Relief Fund

Started in 2003, The Indiana National Guard Relief Fund is a private, non-profit, tax exempt corporation. The mission is accomplished by giving funds to service members and their families for limited financial relief. The following are examples of authorized assistance:

- Non Receipt of Pay
- Fire or Other Disasters
- Unexpected Repairs
- Food



**Online applications are available at**  
**www.in.ng.mil/familyprograms**